

EXAMINING THE ASSOCIATION BETWEEN EMOTIONAL INTELLIGENCE WITH DEPRESSION AMONG IRANIAN BOY STUDENTS

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ABSTRACT

The present study sought to examine the association between emotional intelligence and depression in boy students in, Tehran, Iran. The sample size was 188 boy students at the age of 16 to 19 years old were chosen for this study. The Assessing Emotions Scale (AES), and Beck Depression Inventory-II (BDI-II) were filled out by students. The Pearson correlation coefficient and multivariate regression analysis were utilized. The findings showed that a negative association existed between high ability of emotional intelligence with depression and a positive association existed between low ability of emotional intelligence with depression. These results revealed that emotional intelligence was a valuable predictor of depression in adolescents.

Keywords: Emotional intelligence, depression, Iranian, students

INTRODUCTION

In throughout the adolescent period, some adolescents face with difficult experiences. Some difficult experiences contribute to disturbance in psychological and behavioral problems. One of the prevalent disorders during the adolescent period is depression. Changes occur in the adolescent period, such as physical and psychological and hormonal changes (Weller, Kloos, Kang, & Weller, 2006). On the other side, they would find a new social role in societies (Jacka et al., 2010). They have to decide about their academic, occupational and marital affairs that effect on their futures and identities. Also, sexual crisis in an adolescent period makes more challengeable this period for adolescences. (Weller et al., 2006). Therefore, they encounter to varieties of stressors in this period, and one of the widespread reactions to these problems might be depression. In according to the World Health organization, around 350 million individuals suffer from depression in the world (WHO, 2012). Several studies have found that the prevalence of depression in Iranian students varies from 36% to 66% and the prevalence of depression in Iranian varies from 15-25% (Aghakhani et al., 2011; Lotfi, Aminian, Ghomizadea, & Zarea, 2010). World Health Organization estimates depression would become the leading mental-health problem by 2020, if urgent action does not taken (WHO, 2012), and it could contribute to physical and mental disorders, such as cardiovascular disease, atherosclerosis, suicide, anxiety, and depression (Becker-Weidman, Jacobs, Reinecke, Silva, & March, 2010; Seldenrijk et al., 2010). Further, depression is an economic burden for governments, for example estimated the cost of care giving for depressed individuals in the United State was around \$9 billion in 2004 (Bronstein et al., 2008; Unützer, 2007). American Psychiatric Association (APA, 2012) defined depression with existing criteria for two weeks on a daily basis diagnosed depression consist of: 1) depressed or irascible mood, 2) loss of happiness in comparison before, 3) change in weight, 4) dysfunction in sleep, 5) disturbance in psycho-motor reaction, 6) loss of energy, 7) sense of worthlessness or extreme guilt, 8) poor concentrating and poor decision making, and 9) thoughts of death with or without a plan or intent. One of the plausible predictor of